

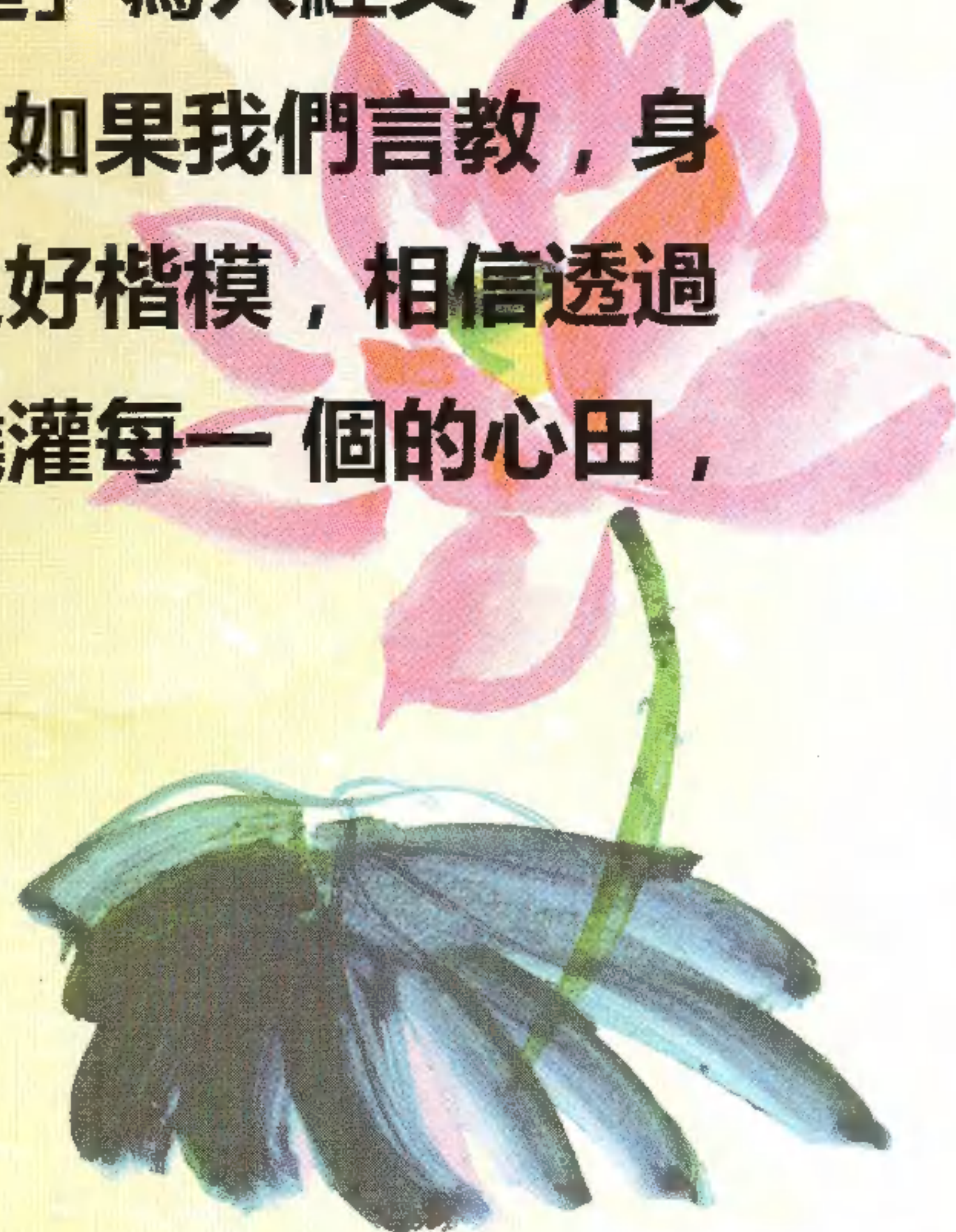
《百孝經》

人生有兩件事不能等，一件是行善，一件是行孝。父母養育之恩是最大的。百善孝為先，如果不孝敬父母，何以為人？

家庭是社會的基本構成單位。家庭如果不和睦，何以這設和諧社會？而家庭和諧的根本就在於孝道。

《百孝經》是白水老人所作，全篇分為七十小章，共八十四句。因為裡面共包含了一百個「孝」字，所以名為《百孝經》。

白水老人把德之本，教之源的「孝道」寫入經文，來喚醒我們的良知，並提醒行孝的意義。如果我們言教，身教都為子女之好榜樣，為鄰里稱道之好楷模，相信透過彼此心靈交互的感染，就能將孝道澆灌每一個的心田，讓社會更美好。

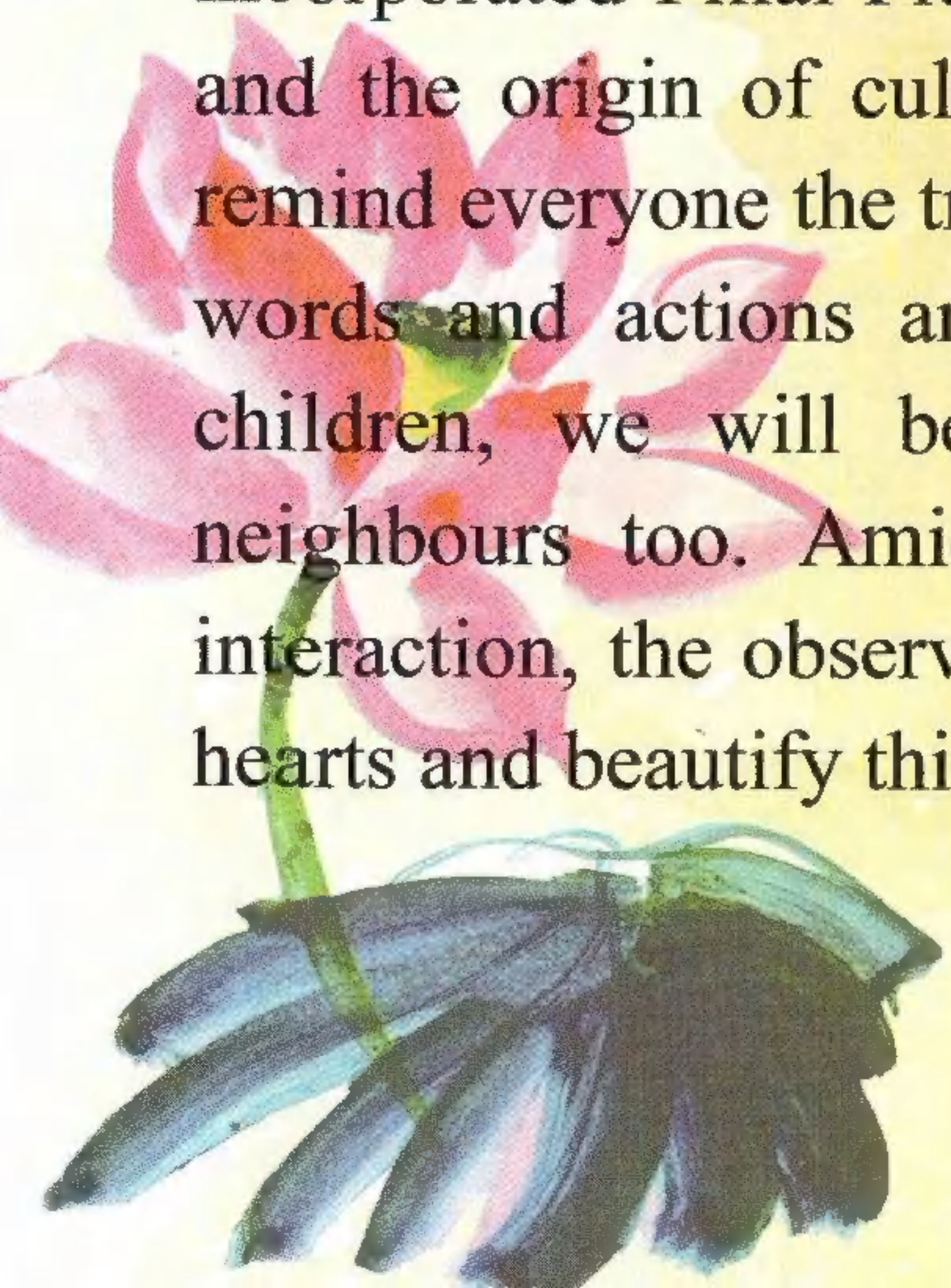


Sutra of Hundred Filial Piety

There are two matters in life that we should not delay in doing. One will be performing Kindness while the other will be the observance of Filial Piety. The upbringing and care from our parents are the greatest unconditional love that one should display gratitude towards. Filial Piety ranks the highest amongst all acts of kindness. It is beneath one as a human being if a person is unable to show filial piety and respect to their parents when one is able to.

Family is a basic unit of society. If the family is unharmonious, how can we build a gracious society? And the root of harmony in a family lies in the observance of filial piety.

The Sutra of Hundred Filial Piety was written by Bai Shui Lao Ren. The whole passage consists of seven chapters that make up a total of 84 sentences. The title of the Sutra is derived from the 100 filial [孝] Chinese characters written within. Bai Shui Lao Ren incorporated Filial Piety in the entire sutra, as the root of virtue and the origin of cultivation, to awake our conscience and to remind everyone the true meaning of observing filial piety. If our words and actions are good exemplary of filial piety of our children, we will become role models of our friends and neighbours too. Amidst the exchange of such whole-hearted interaction, the observance of Filial Piety can fill up everyone's hearts and beautify this world.



1. 天(tiān) 地(dì) 重(zhòng) 孝(xiào) 孝(xiào) 當(dāng) 先(xiān)
Heaven and Earth values filial piety as the main virtue.
2. 一(yī) 個(gè) 孝(xiào) 字(zì) 全(quán) 家(jiā) 安(ān)
Filial piety brings peace to the entire family.
3. 孝(xiào) 順(shùn) 能(néng) 生(shēng) 孝(xiào) 順(shùn) 子(zǐ)
People who are filial will have filial descendants.
4. 孝(xiào) 順(shùn) 子(zǐ) 弟(dì) 必(bì) 明(míng) 賢(xián)
Filial descendants will be wise and virtuous.
5. 孝(xiào) 是(shì) 人(rén) 道(dào) 第(dì) 一(yī) 步(bù)
Filial piety is the first step to humanity.
6. 孝(xiào) 子(zǐ) 謝(xiè) 世(shì) 即(jí) 為(wéi) 仙(xiān)
People who are filial will become immortal when they leave this world.



7. 自(zì) 古(gǔ) 忠(zhōng) 臣(chén) 多(duō) 孝(xiào) 子(zǐ)
Since ancient times, loyal officials were also filial children.
8. 君(jūn) 選(xuǎn) 賢(xián) 臣(chén) 舉(jǔ) 孝(xiào) 廉(lián)
The Ruler elects officials based on filial piety and honesty.
9. 盡(jìn) 心(xīn) 竭(jié) 力(lì) 孝(xiào) 父(fù) 母(mǔ)
One should do their best to be filial to their parents.
10. 孝(xiào) 道(dào) 不(bù) 獨(dú) 講(jiǎng) 吃(chī) 穿(chuān)
Filial piety is more than just providing food and clothing to one's parents.
11. 孝(xiào) 道(dào) 貴(guì) 在(zài) 心(xīn) 中(zhōng) 孝(xiào)
Filial piety, at its highest level, should come from the bottom of one's heart.
12. 孝(xiào) 親(qīn) 親(qīn) 責(zé) 莫(mò) 回(huí) 言(yán)
A filial child does not talk back when reprimanded by one's parents.



13. 惜(xī) 乎(hū) 人(rén) 間(jiān) 不(bù) 識(shí) 孝(xiào)

It's a pity that the value of filial piety is not appreciated in the world.

14. 回(huí) 心(xīn) 復(fù) 孝(xiào) 天(tiān) 理(lǐ) 還(huán)

Heaven's law will be restored when filial piety return's to people's hearts.

15. 諸(zhū) 事(shì) 不(bù) 順(shùn) 因(yīn) 不(bù) 孝(xiào)

When one is unfilial, everything is not smooth.

16. 怎(zě) 知(zhī) 孝(xiào) 能(néng) 感(gǎn) 動(dòng) 天(tiān)

Who will know that filial piety can touch Heaven.

17. 孝(xiào) 道(dào) 貴(guì) 順(shùn) 無(wú) 他(tā) 妙(miào)

The essence of filial piety is nothing but to obey, to please and to honor one's parents.

18. 孝(xiào) 順(shùn) 不(bù) 分(fēn) 女(nǚ) 共(gòng) 男(nán)

Regardless of gender, one should be filial.



19. 福(fú) 祿(lù) 皆(jiē) 由(yóu) 孝(xiào) 字(zì) 得(dé)
Good fortune comes from being dutiful in filial piety.

20. 天(tiān) 將(jiāng) 孝(xiào) 字(zì) 另(lìng) 眼(yǎn) 觀(guān)
Heaven cherishes filial children.

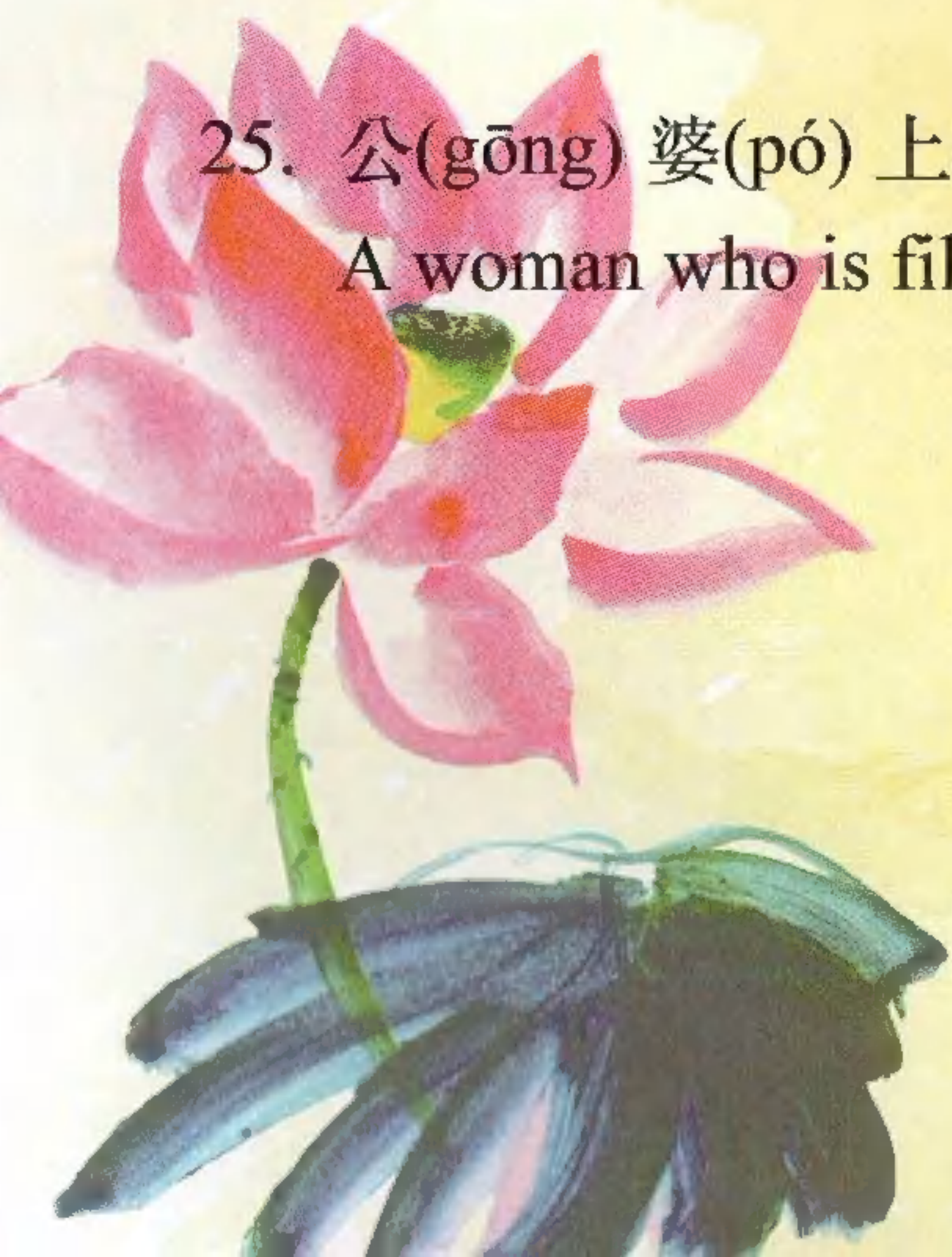
21. 人(rén) 人(rén) 都(dōu) 可(kě) 孝(xiào) 父(fù) 母(mǔ)
Everyone is capable of being filial to their parents.

22. 孝(xiào) 敬(jìng) 父(fù) 母(mǔ) 如(rú) 敬(jìng) 天(tiān)
Being filial to parents is just like respecting Heaven.

23. 孝(xiào) 子(zǐ) 口(kǒu) 裡(lǐ) 有(yǒu) 笑(xiào) 語(yǔ)
A filial child speaks filial words.

24. 孝(xiào) 婦(fù) 面(miàn) 上(shàng) 帶(dài) 孝(xiào) 顏(yán)
A filial daughter-in-law displays a filial appearance.

25. 公(gōng) 婆(pó) 上(shàng) 邊(biān) 能(néng) 盡(jìn) 孝(xiào)
A woman who is filial towards her parents-in-law.



26. 又(yòu) 落(luò) 孝(xiào) 來(lái) 又(yòu) 落(luò) 賢(xián)
Will be respected for her filial piety and virtues.

27. 女(nǚ) 得(dé) 淑(shū) 名(míng) 先(xiān) 學(xué) 孝(xiào)
A woman gains a virtuous reputation when she learns filial piety.

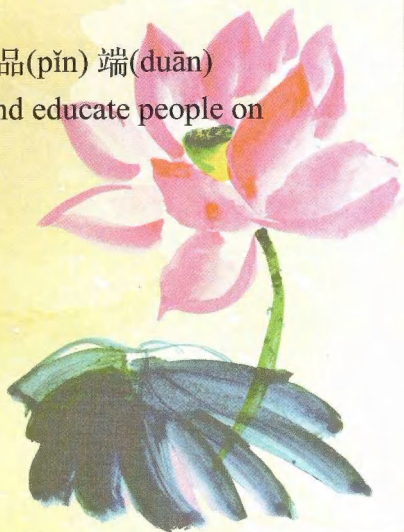
28. 三(sān) 從(cóng) 四(sì) 德(dé) 孝(xiào) 在(zài) 前(qián)
Filial piety is above all moral values expected of a woman.

29. 孝(xiào) 在(zài) 鄉(xiāng) 黨(dǎng) 人(rén) 欽(qīn) 敬(jìng)
People who are filial will be respected in their hometown.

30. 孝(xiào) 在(zài) 家(jiā) 中(zhōng) 大(dà) 小(xiǎo) 歡(huān)
People who are filial will have a happy family.

31. 孝(xiào) 子(zǐ) 逢(féng) 人(rén) 就(jiù) 勸(quàn) 孝(xiào)
People who are filial always advise everyone to be filial.

32. 孝(xiào) 化(huà) 風(fēng) 俗(sú) 人(rén) 品(pǐn) 端(duān)
Filial piety can transform feudal culture and educate people on dignity.



33. 生(shēng) 前(qián) 孝(xiào) 子(zǐ) 聲(shēng) 價(jià) 貴(guì)

A filial child will have an honorable reputation in life.

34. 死(sǐ) 後(hòu) 孝(xiào) 子(zǐ) 萬(wàn) 古(gǔ) 傳(chuán)

And will be remembered from generation to generation after death.

35. 處(chǔ) 世(shì) 惟(wéi) 有(yǒu) 孝(xiào) 力(lì) 大(dà)

In dealing with people and matters, filial piety has incredible impact.

36. 孝(xiào) 能(néng) 感(gǎn) 動(dòng) 地(dì) 合(hé) 天(tiān)

Filial piety can touch Heaven and Earth.

37. 孝(xiào) 經(jīng) 孝(xiào) 文(wén) 把(bǎ) 孝(xiào) 勸(quàn)

The sutra and classics of filial piety promote filial piety.

38. 孝(xiào) 父(fù) 孝(xiào) 母(mǔ) 孝(xiào) 祖(zǔ) 先(xiān)

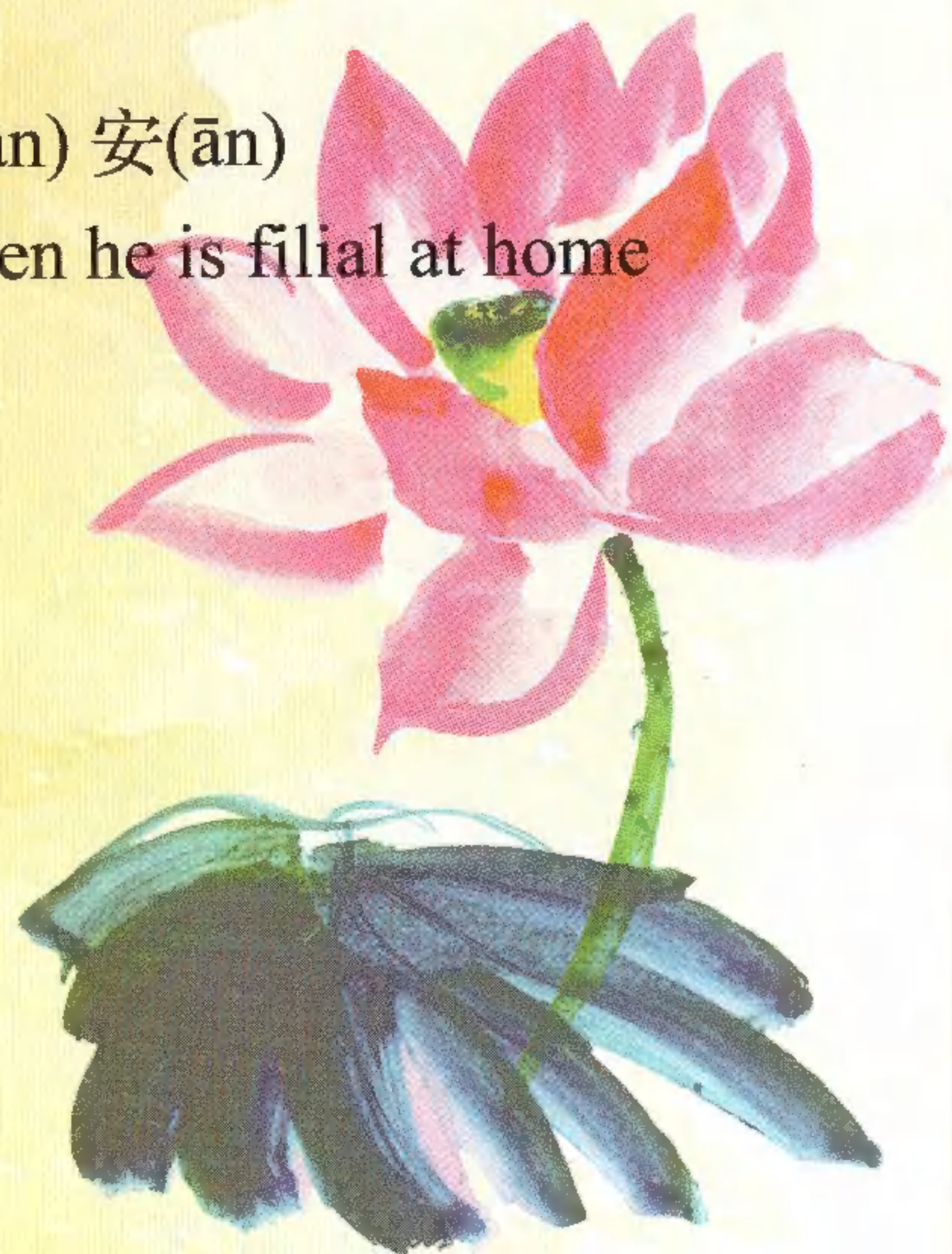
Urging people to be filial to their parents and ancestors.

39. 父(fù) 母(mǔ) 生(shēng) 子(zǐ) 原(yuán) 為(wéi) 孝(xiào)

Parents raise children as part of being filial to their ancestors.



40. 能(néng) 孝(xiào) 就(jiù) 是(shì) 好(hǎo) 兒(ér) 男(nán)
A filial person is a good person without exception.
41. 為(wéi) 人(rén) 能(néng) 把(bǎ) 父(fù) 母(mǔ) 孝(xiào)
One who can dutifully express filial piety towards his parents.
42. 下(xià) 輩(bèi) 孝(xiào) 子(zǐ) 照(zhào) 樣(yàng) 還(huán)
His future descendants will in turn be filial to him.
43. 堂(táng) 上(shàng) 父(fù) 母(mǔ) 不(bù) 知(zhī) 孝(xiào)
When one is unable to be filial when his parents are alive.
44. 不(bù) 孝(xiào) 受(shòu) 窮(qióng) 莫(mò) 怨(yuàn) 天(tiān)
One should not blame Heaven for making one suffer poverty.
45. 孝(xiào) 子(zǐ) 面(miàn) 帶(dài) 太(tài) 和(hé) 象(xiàng)
A filial person always looks peaceful and contented.
46. 入(rù) 孝(xiào) 出(chū) 梯(tī) 自(zì) 然(rán) 安(ān)
One will naturally have peace of mind when he is filial at home
and show brotherly love outside of home.



47. 親(qīn) 在(zài) 應(yīng) 孝(xiào) 不(bù) 知(zhī) 孝(xiào)
By not being filial when your parents are alive.

48. 親(qīn) 死(sǐ) 知(zhī) 孝(xiào) 後(hòu) 悔(huǐ) 難(nán)
It will be too late for regrets after one's parents passed away.

49. 孝(xiào) 在(zài) 心(xīn) 孝(xiào) 不(bù) 在(zài) 貌(mào)
What matters most is filial piety in your heart, not in appearance.

50. 孝(xiào) 貴(guì) 實(shí) 行(xíng) 不(bù) 在(zài) 言(yán)
What matters are actual deeds instead of sheer words of filial piety.

51. 孝(xiào) 子(zǐ) 齊(qí) 家(jiā) 全(quán) 家(jiā) 樂(lè)
A filial child unites the family and bring happiness to the entire family.

52. 孝(xiào) 子(zǐ) 治(zhì) 國(gúo) 萬(wàn) 民(mín) 安(ān)
A filial child governing a nation will bring peace and harmony to the citizens.



53. 五(wǔ) 穀(gǔ) 豐(fēng) 登(dēng) 階(jiē) 因(yīn) 孝(xiào)
Observance of filial piety reaps bountiful harvests.
54. 一(yī) 孝(xiào) 即(jí) 是(shì) 太(tài) 平(píng) 年(nián)
Filial piety will bring a year of peace and joy.
55. 能(néng) 孝(xiào) 不(bù) 在(zài) 貧(pín) 和(hé) 富(fù)
Everyone can achieve filial piety regardless of rich or poor.
56. 善(shàn) 體(tǐ) 親(qīn) 心(xīn) 是(shì) 孝(xiào) 男(nán)
One who is understanding and considerate towards his parents is a filial child.
57. 兄(xiōng) 弟(dì) 和(hé) 睦(mù) 即(jí) 為(wéi) 孝(xiào)
Harmony amongst siblings is a way of filial piety.
58. 忍(rěn) 讓(ràng) 二(èr) 字(zì) 把(bǎ) 孝(xiào) 全(quán)
Being tolerant and accommodating are key words completing the full meaning of filial piety.



59. 孝(xiào) 從(cóng) 難(nán) 處(chǔ) 見(jiàn) 真(zhēn) 孝(xiào)
True filial piety emerges during troubled times.

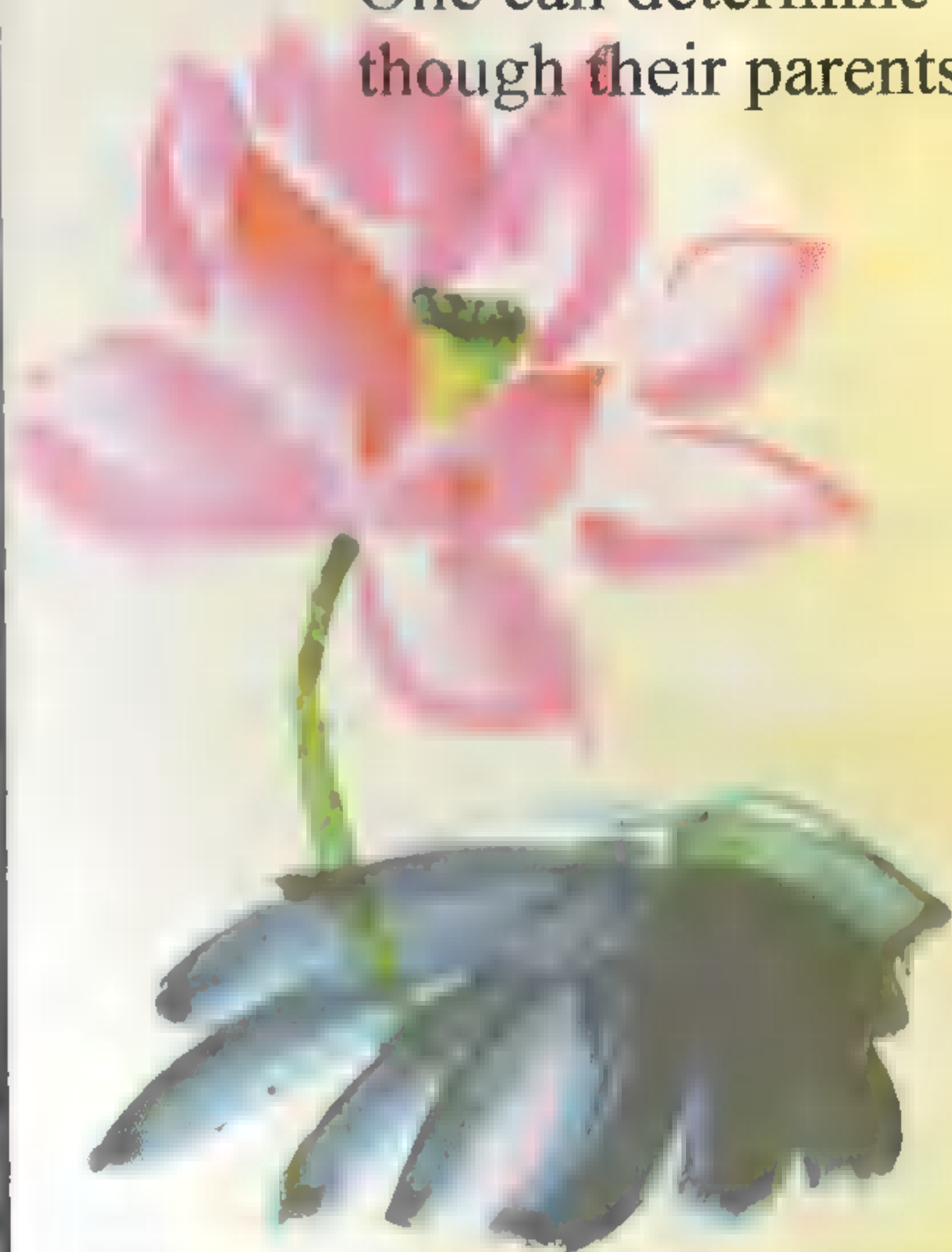
60. 孝(xiào) 容(róng) 滿(mǎn) 面(miàn) 承(chéng) 親(qīn) 顏(yán)
When one's expression radiates the joy of filial piety, one's
parents will reflect the same expressions glowing with delight.

61. 父(fù) 母(mǔ) 雙(shuāng) 全(quán) 正(zhèng) 宜(yí) 孝(xiào)
It is the best time to be filial when one's parents are both alive.

62. 孝(xiào) 思(sī) 鰥(guān) 寡(guǎ) 親(qīn) 影(yǐng) 單(dān)
Empathizing with one's lonely widowed parent, one should take
extra good care of him or her.

63. 趕(gǎn) 緊(jǐn) 孝(xiào) 來(lái) 光(guāng) 陰(yīn) 快(kuài)
Lose no time to be filial to your parents as time passes quickly.

64. 親(qīn) 由(yóu) 我(wǒ) 孝(xiào) 壽(shòu) 由(yóu) 天(tiān)
One can determine to do their best to be filial while they can,
though their parents' life spans are decided by Heaven.



65. 生(shēng) 前(qián) 能(néng) 孝(xiào) 方(fāng) 為(wéi) 孝(xiào)

To be filial means to love, respect, care and honor one's parents while they are still alive.

66. 死(sǐ) 後(hòu) 盡(jìn) 孝(xiào) 徒(tú) 枉(wǎng) 然(rán)

It will be too late to show how much one loves one's parents when they passed away.

67. 孝(xiào) 順(shùn) 傳(chuán) 家(jiā) 孝(xiào) 是(shì) 寶(bǎo)

Filial piety is a treasure to be passed down from generation to generation.

68. 孝(xiào) 性(xìng) 溫(wēn) 和(hé) 孝(xiào) 味(wèi) 甘(gān)

The nature of filial is gentle and the taste of filial piety is sweet.

69. 羊(yáng) 羔(gāo) 跪(guì) 乳(rǔ) 尚(shàng) 知(zhī) 孝(xiào)

Even lambs know filial piety as they suckle on bended knees.

70. 烏(wū) 鴉(yā) 反(fǎn) 哺(bǔ) 孝(xiào) 親(qīn) 顏(yán)

And crows feed their parents to show filial piety.



71. 為(wéi) 人(rén) 若(ruò) 是(shì) 不(bù) 知(zhī) 孝(xiào)

If a person has no sense of filial piety.

72. 不(bù) 如(rú) 禽(qín) 獸(shòu) 實(shí) 可(kě) 憐(lián)

He is truly pathetic and worst than animals.

73. 百(bǎi) 行(háng) 萬(wàn) 善(shàn) 孝(xiào) 為(wéi) 首(shǒu)

All virtues begin with filial piety as the top form of kindness.

74. 當(dāng) 知(zhī) 孝(xiào) 字(zì) 是(shì) 根(gēn) 源(yuán)

We should know that filial piety is the origin of all virtues.

75. 念(niàn) 佛(fó) 行(xíng) 善(shàn) 也(yě) 是(shì) 孝(xiào)

Learning from Buddha and doing good deeds are also ways of filial piety.

76. 孝(xiào) 仗(zhàng) 佛(fó) 力(lì) 超(chāo) 九(jiǔ) 天(tiān)

Filial piety allows one to transcend the layers of heavens with the omnipotence of Buddha.



77. 大(dà) 哉(zāi) 孝(xiào) 乎(hū) 大(dà) 哉(zāi) 孝(xiào)

Filial piety is a great virtue.

78. 孝(xiào) 矣(yǐ) 無(wú) 窮(qióng) 孝(xiào) 無(wú) 邊(biān)

Filial piety can be expressed in many ways and is without limit.

79. 此(cǐ) 篇(piān) 句(jù) 句(jù) 不(bù) 離(lí) 孝(xiào)

Every verse of this teaching explains on filial piety.

80. 離(lí) 孝(xiào) 人(rén) 倫(lún) 顛(diān) 倒(dǎo) 顛(diān)

Any deviation from filial piety will cause chaos in human relations and disorder in the world.

81. 念(niàn) 得(dé) 十(shí) 遍(biàn) 千(qiān) 個(gè) 孝(xiào)

Reciting this teaching 10 times will render 1000 times of filial piety.

82. 念(niàn) 得(dé) 百(bǎi) 遍(biàn) 萬(wàn) 孝(xiào) 全(quán)

Reciting it 100 times will render tens of thousands of filialness.



83. 千(qiān) 遍(biàn) 萬(wàn) 遍(biàn) 常(cháng) 常(cháng) 念(niàn)

Recite frequently and repeatedly.

84. 消(xiāo) 災(zāi) 免(miǎn) 難(nán) 百(bǎi) 孝(xiào) 篇(piān)

The Sutra of Hundred Filial Piety averts calamities and disasters.





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百孝經



**THE SUTRA OF
HUNDRED FILIAL PIETY**